

BALANCE

PHYSICAL FITNESS

MAY 2007

Health Promotion

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The Fruit and Vegetable
of the Month are:



PEAS

[Click here to find out more...](#)

AND



MANGOES

[Click here to find out more..](#)

Monthly Command Health Promotion Toolbox!

Promote a fit and healthy
workforce with your
Easy- to-use, no-cost
materials and activity ideas
for

April:
Sexual Health Month
June:
Right Spirit Month

[HEALTH
PROMOTION
WEBSITE](#)

What does it mean to be physically "fit?" Physical fitness is defined as "a set of attributes that people have or achieve that relates to the ability to perform physical activity" (USDHHS, 1996). In other words, it is more than being able to run a long distance or lift a lot of weight at the gym. Being fit is not defined only by what kind of activity you do, how long you do it, or at what level of intensity. While these are important measures of fitness, they only address single areas. Overall fitness is made up of five main components:

- [Cardiorespiratory endurance](#)
- [Muscular strength](#)
- [Muscular endurance](#)
- [Body composition](#)
- [Flexibility](#)

MET- The standard metabolic equivalent, or MET, level. This unit is used to estimate the amount of oxygen used by the body during physical activity.

ONE MET = the energy (oxygen) used by the body as you sit quietly, perhaps while talking on the phone or reading a book. The harder your body works during the activity, the higher the MET. Any activity that burns 3 to 6 METs is considered moderate-intensity physical activity. Any activity that burns ≥ 6 METs is considered vigorous-intensity physical activity. Optimally try keeping your max MET level ≥ 10 . The Wellness Center can test you to determine your max MET level (243-9776).

So Can a lack of physical activity hurt your health?

Evidence shows that those who are not physically active are definitely not helping their health, and may likely be hurting it. The closer we look at the health risks associated with a lack of physical activity, the more convincing it is that Americans who are not yet regularly physically active should become active. Just knowing that physical activity is good for us doesn't mean that we'll easily be able to make it part of our daily routines—it's sometimes difficult to adopt new habits. But it's important to remember that you can start out slowly and work your way up to a higher level of activity. So what are you waiting for?

If you want to find out where you stand then come visit [THE WELLNESS CENTER 243-9776](#)

Don't wait for your ship to come in... Swim out to it!

Benefits of Physical Activity

Individuals who
exercise regularly
are less likely to
develop:

- **Heart Disease**
- **Diabetes**
- **High Blood Pressure**
- **High Cholesterol Levels**
- **Certain Forms of Cancer**
- **Osteoporosis**

Did You Know...

-- Nearly 50 million adults (between the ages of 20 and 74), or 27% of the adult population, are obese; overall more than 108 million adults, or 61% of the adult population are either obese or overweight

-- Research suggests that not having breakfast can affect children's intellectual performance.

-- A large number of high school students use unhealthy methods to lose or maintain weight. A nationwide survey found that during the 30 days preceding the survey 12.3% of students went without eating for 24 hours or more; 4.5% had vomited or taken laxatives; and 6.3% had taken diet pills, powders, or liquids without a doctor's advice. [CDC.GOV](#)